



November 10-16, 2014

Cycle 2

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

For more information, please visit the FNS website:

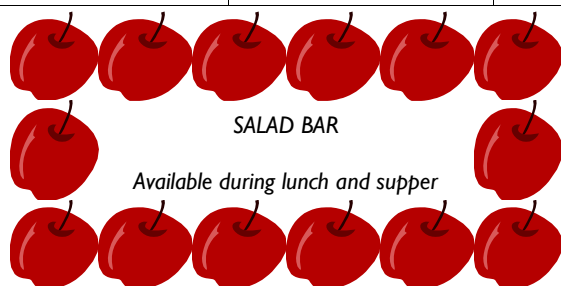
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Some menu suggestions for supper
By Navajo Residence

****Please note: Items are subject to change based on availability without prior notice****

Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16
WW toast or WG bagel w/ turkey sausage gravy Pineapple Orange juice Milk	WW toast or WG cherry frudel Mixed fruit Apple juice Hard cooked egg Milk	WW toast or Cream of wheat Peaches Craspberry juice Bacon Milk (honey)	WW toast or WG biscuit Pears Orangerine juice Sausage gravy Milk	WW toast or WW tortilla Mandarin orange sections Fruit punch Scrambled eggs w/ bacon Milk (salsa)		
WG chicken chunks Potato wedges Pasta salad Fruit rollup Milk	WG spaghetti with meatballs Romaine caesar salad Apricots Milk (parmesan cheese)	Beef fajita Seasoned pinto beans Corn Seasonal fruit Milk	<i>Thanksgiving luncheon</i> Turkey roast with gravy Mashed potatoes (ldd) w/ country gravy Green beans casserole WW dinner roll Apple cobbler Milk/Punch (cranberry sauce/margarine pat)	Fish sticks Glazed carrot coins Cornbread Mixed fruit Milk (tartar sauce)	Baked chicken Baked potato (steamed broccoli/cheese sauce/ bacon bits/sour cream/margarine) Frozen treat Milk (salsa)	Taco Mexicali corn Just dessert Milk (lettuce/cheese/salsa)
Ravioli Stuffed breadstick Spinach mandarin orange salad Mixed fruit Milk (parmesan cheese)	Pizza w/ ham & pineapple or Veggie pizza Corn on the cob Cookie Milk	Orange chicken Stir-fried rice Stir-fried emperor blend vegetables Sidekicks Milk	Baked penne Garlic toast Green beans Apricots Milk	Hamburger on WW bun or Veggieburger on WW bun Potato wedges Peas & carrots Pineapple Milk (lettuce/tomato slices/pickle slices/onion slices)	Macaroni & cheese or Macaroni & cheese w/ bacon & spinach Mixed vegetables Rainbow sherbet Milk (parmesan cheese)	Corndog Baked beans Capri blend vegetables Milk (chopped onions/pickle relish)



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast:	6:45-7:45am Monday-Friday
Lunch:	11:30am-1:10pm Monday-Thursday
	11:30am-1:00pm Friday
Saturday & Sunday Lunch:	12:15-1:15pm
Supper:	4:30-6:00pm Monday-Thursday
	4:30-5:30pm Friday
Saturday & Sunday Supper:	4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to jeanne.foster@asdb.az.gov

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).